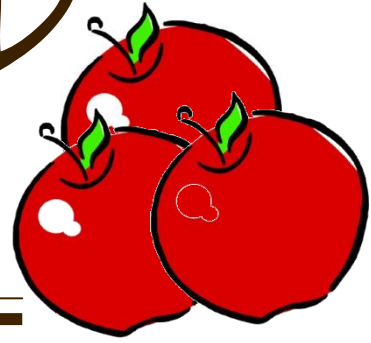


NOT ALL APPLES ARE CREATED EQUAL



✧ APPLE WITH PEEL = 3
GRAMS OF FIBER

✧ PEELED APPLE = 2.4
GRAMS OF FIBER

✧ $\frac{1}{2}$ CUP APPLESAUCE =
1.8 GRAMS OF FIBER

✧ $\frac{3}{4}$ CUP APPLE JUICE =
0.2 GRAMS OF FIBER